



The Home Department

Conducted by
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"Foundation Stones"

I would not lose the hard things
from my life,
The rocks o'er which I stumbled
long ago,
The griefs and fears and failures and
mistakes
That tried and tested faith and pa-
tience so.

I need them now; they make the
deep-laid wall,
The firm foundation stones on
which I raise—
To mount therein from stair to high-
er stair—
The lofty towers of my House of
Praise.

Soft was the roadside turf to weary
feet,
And cool the meadows where I
fain had trod;
And sweet to lie beneath the trees
and rest,
To breathe the incense sweet of
flower-tarred sod;

But not on these might I securely
build;
Nor sand nor sod withstand the
earth-quake shock;
I need the rough, hard bowlders of
the hills
To set my house on everlasting
rock.
—Annie Johnson Flint, in Christian
Endeavor World.

To Remind You

Do you realize that in some local-
ities the first fruits of the season will
be on hand in a very short while? Among
the first "pie" things come the
delicately colored stalks of rhu-
barb, than which few things are
more welcome. There are so many
ways of using this early spring deli-
cacy that one need never grow tired
of its presence on the table. Then,
it is but a few weeks until the straw-
berry shows up. Indeed, it is already
on the market from the far south-
land, but many will prefer to wait for
the "home-grown," as it is much bet-
ter in every way, as well as cheaper,
than that brought in from the south-
ern gardens. The universally liked
gooseberry will be coming along close
to the strawberry, and the raspberry
is not far behind; after these, it is
but to choose, for one kind of fruit
crowds another, often overlapping,
and many things will be at our com-
mand at the same time.

Among the vegetables, anything in
season can be had at the markets at
a very reasonable price, also brought
from the southern gardens about the
time we of the middle and northern
states are beginning to stir the soil,
and they come to us in excellent
shape, and worth having. But nothing
that is shipped in is quite as
"tasty" as that fresh from the gar-
den; so it behooves us to start the
garden as soon as conditions will per-
mit. Every one should have a gar-
den, no matter if but a lettuce and
radish bed, and this can be done on
a very small piece of ground. If the
city family will keep their garden
plot well fertilized and well stirred,
one crop can be planted as soon as
the other is removed, and in this
way "green things" can be had grow-
ing from early spring to late autumn.
The perennials may be kept growing
all the time, but the annuals may be
planted right along. A few things
can be grown in boxes of soil, such
as parsley, and some other things, the

success of which depends on the one
trying to grow them. Do have a few
things, but don't expect to glut the
market.

Early Spring Work

There is always plenty of it to do,
but some of it may be neglected, if
attention be not directed to it re-
peatedly. Many shrubs, small trees,
a few larger trees and vines about
the house grounds have to be trimmed
and shortened into shape every
spring and fall, and though this work
may have been attended to ere this,
the brush or trimmings more than
probably have been left just where
they fell, and the weeds will be strug-
gling up through it, in time hiding it.
"Out of sight, out of mind," you
know, and before you realize it the
spot will become an eye-sore. Gather
the trimmings into piles now, and
some evening soon let the young folks
have a bonfire. The old folks will
generally be out in force to "help."

Just as soon as things begin to
show out of the earth, there are
"things" to be done. A few minutes at
a time, as one has leisure, spent in go-
ing over the house grounds with a
long, sharp-pointed knife or spade,
cutting off the crowns of dock, plan-
tain, dandelion, and other weeds, just
below the surface will exterminate
them. A war of extermination is the
only thing that will free the ground
from weeds.

Shut out unsightly views by plant-
ing hedges, shrubbery, small trees, or
rows of vines between them and the
house windows. Make the back yard
slightly, though you may not make it
ornamental as the front yard. A
"clothes," or drying yard should be
well grassed, and space should be al-
lowed for sunning mattresses, car-
pets, bed clothing and heavy gar-
ments. Low benches, or scaffolds, if
only frame work, should be made for
such work, as, if laid on the grass,
the bottom of the articles will gather
dampness.

See that the vines and climbers
have supports. For the rose canes
and similar tall growers, loops or
scraps of old shoe-tops are excellent
fasteners. Poultry wire of suitable
width makes excellent support for
most climbers; strands of wire, or
strong cord is good, and should be
put in place as soon as possible. This
should not be left for the women to
do. It is a man's job.

For the Sewing Room

In buying a waist pattern, be sure
to get one having your correct bust
measure; have some one measure you
with a tape line, placing around the
body well under the arms and over
the fullest part of the bust. The
saleswoman where you buy your pat-
tern will be glad to do this for you
if you have no one at home. When
you have your pattern, be sure and
read the directions on the label, and
before cutting, find out the back
length of your waist, measuring
from the neck line to the natural
waist line, and lengthen or shorten
the center-back length of the pattern
to suit; add to or take away from the
bottom of the waist, in cutting.

For the sleeve pattern, measure
your arm at the inside of arm from
the point where the arm joins the
body, to the elbow, and from elbow
to wrist. Use this measure in com-
paring the sleeve pattern with your
arm length, and add to or take from
the lower edge, if need be. If the

material has a "nap," all parts of the
pattern must be laid the same way on
such material so it will shade all alike.
If velvet is used, the pile must run
up, for the tendency, when worn, of
such material is toward a downward
rubbing and brushing, which makes
the pile stand up and the velvet, or
nap, take on a deeper shade. A down-
ward run will give it a somewhat
greasy look.

Clip all notches and mark all work-
ing perforations with either chalk or
tailor's tacks; the working perfora-
tions are those which mark seams,
or are made to guide in putting the
pieces together.

Where there are darts in waist,
and linings, cut away the material,
leaving three-eighths inch for seams.
Sew hooks down the left side of the
front, placing hooks about two inches
apart, and if eyes or blind loops are
used, place opposite the hooks.

Study your pattern before attempt-
ing to cut out, and note every direc-
tion given; follow the instructions
carefully, and the result will gener-
ally be satisfactory. Much, however,
of the best of patterns depends on the
taste and skill of the seamstress.

Poultry-Raising for Women

A reader asks if we think there is
"any profit in poultry raising for a
woman who has a little money." She
does not say how much money she has,
her market advantages, or experience
in the matter, so it is hard to answer
her question. That there is profit for
women in raising poultry has been
demonstrated time and again, but a
lot of the profit has depended on the
kind of woman, some of it on the
amount of money in hand, and by no
means a small part of the success has
depended on the business ability of
the woman who undertook the job.
The poultry woman must be willing
to work, and to have a very hopeful
disposition, so she will not give up
because of a few mistakes; she must
be a real mother, so she will love the
baby chicks and be willing to attend
their wants at all times. It takes
about four to six months before even
grown chickens will begin to pay, as
there will be some time before they
do anything, and during that time
must be fed and sheltered. If one
starts with the right kind of fowls,
and is willing to work hard and put
in lots of time, there is a chance of
success. There must be a man hired
to put the place in shape and put up
the proper buildings, make the coops,
runways, and other things beyond the
average woman's strength, and this
will take some money. Unless one
has most of these conveniences, they
will have a chance to fail, and thus
get discouraged at the outset. There
must be business ability, and the
poultry-raiser must not be shiftless
or lazy, or given to trusting to luck.
Feed will also be an item, and much
of this can be raised; but it will call
for work. One may be able to raise
plenty of chickens, and get plenty of
eggs, but if there is no market near
enough at which to dispose of them
without the cost of carriage, the pay
may be small. Industry, patience,
love for the work and for the biddies,
and a determination to succeed, will
count for fully as much as the money
will; but there should be some money
to begin with.

Papering Walls

One of the worries of the housewife
who has wooden partitions is that

when papered, the paper will crack
wherever the boards are joined. This
can be prevented at very little cost.
Get at the carpet store a roll of floor
paper, or, if you prefer, a roll of
building paper of the lumber man.
The floor paper is softer than the
building paper. Make a flour paste
without boiling it, and cover both the
partition and one side of the paper,
which should have been cut in suit-
able lengths. Then tack the strip of
paper next to the ceiling and press it
tightly against the wall, smoothing
as you would any paper to make it
stick; for this work a clean scrub
brush may be used. Then put on an-
other strip, tacking the edges tightly
together, and press closely; continue
this way until the boards are covered,
then proceed with the decorative pa-
pering. If preferred, the boards may
be covered with the thinnest kind of
cheese cloth, tacking or sewing the
edges tightly together, then going
over the canvas with a sizing made
by adding glue to boiled paste, mak-
ing it perfectly wet, then let dry, and
cover with the paper. The floor pa-
per is smoother than the canvas and
costs less.

For papering walls that have been
whitewashed, go over the whole sur-
face first with a wash of hot vinegar,
applied with a brush; then make a
good paste, as for the laundry, only,
do not boil after it is made; paste
both wall and paper, applying it hot
to both surfaces. Paper as usual. It
is claimed by those who have tried
this way that the paper will not peel
off such walls if the work is well
done and the paper pressed down and
smoothed well with a brush.

Cleaning wall paper is a tedious
job, and unless the paper is expensive
it is better to pull it off and paste on
new. Wall paper is very cheap, and
it is hard work for the amateur to do

A FOOD DRINK

Which Brings Daily Enjoyment

A lady doctor writes:
"Though busy hourly with my own
affairs, I will not deny myself the
pleasure of taking a few minutes to
tell of the enjoyment obtained daily
from my morning cup of Postum. It
is a food beverage, not a stimulant
like coffee.

"I began to use Postum 8 years
ago; not because I wanted to, but be-
cause coffee, which I dearly loved,
made my nights long, weary periods
to be dreaded and unfitting me for
business during the day.

"On advice of a friend, I first tried
Postum, making it carefully as sug-
gested on the package. As I had always
used 'cream and no sugar,' I mixed
my Postum so. It looked good, was
clear and fragrant, and it was a pleas-
ure to see the cream color it as my
Kentucky friend always wanted her
coffee to look, 'like a new saddle.'

"Then I tasted it critically, for I
had tried many 'substitutes' for cof-
fee. I was pleased, yes, satisfied with
my Postum in taste and effect, and
am yet, being a constant user of it all
these years.

"I continually assure my friends
and acquaintances that they will like
Postum in place of coffee, and receive
benefit from its use. I have gained
weight, can sleep and am not nerv-
ous."

Name given by Postum Co., Battle
Creek, Mich. Read, "The Road to
Wellville," in pages.

Postum comes in two forms:
Regular Postum — must be well
boiled, 15c and 25c packages.

Instant Postum — is a soluble pow-
der. A teaspoonful dissolves quickly
in a cup of hot water, and with cream
and sugar, makes a delicious bever-
age instantly. 30c and 50c tins.

Both kinds are equally delicious
and cost per cup about the same.

"There's a Reason" for Postum.

—Sold by Grocers.